Congratulations on accepting the Pedaling4Parkinson’s cycling challenge! The 2015 course presents more beauty, fun and challenges than previous years! If you have decided to use training plan provided on the website please read the notes below so that you can maximize your time and effort and be prepared for a spectacular ride on June 13th!

Whether the ride is 12 weeks or 8 weeks away, you need to do this as soon as possible…GET ON YOUR BIKE! I know the weather can be sketchy this time of year so please know that you can do any of these workouts, especially those in the middle of the week, on a spin bike, home trainer or on a bike at the gym. If you should decide to do the rides inside, make sure you have enough water, a dry towel and a snack to eat immediately following your workout. You need to fuel your muscles after a hard workout!

In the event you have never followed a training plan let me share some insights and tips:

* The plans are designed to build your strength and endurance up over a period of time (3 weeks for the 12 week plan) and then provide a recovery week so your body can adapt to the hard work you’ve been doing. This is also a great week to get a massage, see your chiropractor and grab some extra sleep!
* The plan is presented as Monday being the first day of the week. You can adapt the days however it works for you as long as you do them in the order designed. That means do the Tuesday workout as your first workout of the week, then Thursday and then your Sunday ride. This is important because you want to have rest days between hard workouts and we always want to do speed and strength workouts on fresh legs. Our long ride on the weekends trains our body to adapt to time on the saddle and build fatigue resistance.
* If you need to skip a workout (life can get pretty hectic) skip Tuesday. Always try to get a strength and long ride under your belt each week.
* The plans include a day for core exercises and upper body strength workouts. I’ve made some suggestions for core work. A strong core will allow you to get on and off your bike with more balance, sit up on your bike longer, climb stronger and finish sooner. At the very least you should be doing planks, push ups, crunches and bicycle crunches a couple days a week.
* Specific to the language in the plans:
  + RPMS means rotations per minute. This is the cadence that you keep while pedaling. It can be calculated by counting pedal stroke of one leg for 30 seconds and then multiply by 2. Unless the plan indicates otherwise, we always want to keep our rpms above 90. This is the rule of thumb for all cyclist and especially people with Parkinson’s. You will have plenty of workouts at lower rpms to build strength. Think high cadence and spin, spin, spin.
  + STR – indicates a strength workout. These days we are focused on building strength in our legs to carry us up and over any hill that we face! These may seem like hard workouts at first so stay focused and committed. Although they may not get easier you will feel yourself getting stronger and more confident as each week passes.
  + If you are capable of doing 2 rides on the weekend without compromising the quality of your endurance ride there are workouts available for you to consider. Just remember that you want to have 3 high quality workouts each week.
* Water and food are critical as you begin your training. Planning is the most challenging aspect of having food and water available when necessary.
  + Find a powder or pre-mixed beverage that you like and start riding with it as soon as you can. What your body can tolerate when you are working out can be very different than what your body can tolerate when you are on a hike. Practice with different beverages because you will want to be well hydrated the entire day.
  + I am a proponent of real food. Packing PB & Js, rice balls, egg sandwiches, almond butter and tortillas, fig bars, and more (I have plenty of ideas) is cumbersome in the prep but will make you much happier on a long ride because they will last longer in your system and taste exponentially better!
  + I know that gels, GUs, blocks and bars are readily available however each brings with it unique GI challenges. If you prefer to use gels, GUs etc, start to practice with them on the bike now. By June 13th you want to have all your favorites selected.

You can contact me with any questions at [continuumcoachtennant@gmail.com](mailto:continuumcoachtennant@gmail.com)

Have fun!